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KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
THIRD YEAR, SECOND SEMESTER EXAMINATION
FOR THE BACHELOR OF EDUCATION (ARTS)
KET 2202: PHYSICAL LITERACY AND PHYSICAL EDUCATION

Date: 9th December 2024

Time: 11.30am-1.30pm

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- Discuss **three** roles of a Physical Education (PE) teacher in the development of motor skills among students. (6 marks)
- Examine any **three** key considerations in selecting sports equipment for a specific sport or activity in secondary schools. (6 marks)
- Accelerometry is a popular method for measuring physical activity among children by use of accelerometer devices. Discuss any **two** advantages of this method. (6 marks)
- Regular participation in physical activity improves physical fitness. Elaborate any **two** components of skill related physical fitness, citing suitable exercises to improve the component. (6 marks)
- Discuss any **four qualities** that characterize a good Physical Education teacher. (4 marks)

QUESTION TWO (20 MARKS)

- Physical Education (PE) is now an examinable subject under Competency- Based Curriculum, Discuss any **five** objectives of PE in the school curriculum. (10 marks)
- During PE lesson planning and delivery on a skill in dribbling in basketball, warm up and cool down activities were carefully selected and administered to learners. Explain **four** reasons why warm up activities are important and cite **two** examples of activities that are suitable during warm up session. (10 marks)

QUESTION THREE (20 MARKS)

- Elaborate **five** common challenges encountered by PE teachers in schools and the impact on physical activity and sports among students. (10 marks)
- i. Elaborate on the principle of progression. (4 marks)

- ii. Explain its importance in any training program or during exercise prescription sessions. (6 marks)

QUESTION FOUR (20 MARKS)

- a. An effective PE program is able to accommodate individual differences in motor development among students. Discuss any **four** ways in which PE programs can ensure that each child participates effectively and benefits from the program. (8 Marks)
- b. Understanding and adhering to legal and ethical principles is essential for ensuring the safety, well-being, and fair treatment of students, colleagues, and others involved in PE programs. Examine any **four** key legal documents a PE teacher must observe. (12 marks)

QUESTION FIVE (20 MARKS)

- a. Analyzing the role of sports facilities in promoting PE and physical literacy among students. (10 marks)
- b. Maximum Oxygen consumption ($\text{VO}_2 \text{ max}$) is a valuable and widely recognized measure of physical activity.
- i. Explain how the above method measures levels of physical activity among athletes (4 marks)
- ii. Discuss any **three** advantages of using the above method. (6 marks)